

Accessing QuitNet using www.wellmark.com

Step 1: Log in to www.wellmark.com . If not currently registered, you will need your Wellmark ID card to complete the member registration process

The screenshot shows the Wellmark Members website in a Windows Internet Explorer browser window. The address bar displays http://www.wellmark.com/e_business/member/member.asp. The website header includes the Wellmark Blue Cross Blue Shield logo and navigation links: Home, Contact Wellmark, Work @ Wellmark, and a search bar. The main content area is titled "Members" and features a "Spotlight" section with "Flood Operational Impact Updates" and a "myhealth@wellmark" section with a "Register Now!" link. A red arrow points from the "Register Now!" link to the "myhealth@wellmark" section. The right sidebar contains a "Log in" form with fields for UserID and Password, and a "Quick Links" section with links to "Find a Doctor or Hospital", "Order ID Cards", "Wellmark Drug List", and "Locate a Pharmacy". The footer includes copyright information for 2008 Wellmark, Inc. and a "Trusted sites" icon.

Wellmark Members - Windows Internet Explorer

http://www.wellmark.com/e_business/member/member.asp

File Edit View Favorites Tools Help

Wellmark Members

Home Contact Wellmark Work @ Wellmark Search

Wellmark Blue Cross Blue Shield
You Just Can't Beat The Blues®

Members Employers Providers Brokers About Wellmark

Members

Spotlight

Health Care Coverage
Individual and Family Options
Medicare Plan Options
Using Your Benefits
Health Care Quality & Cost
How to Read Your EOB (pdf)
Preventive Care Guidelines
Out-of-Area Care
General Pharmacy Information
Flexible Benefits
Wellmark Health Plan of Iowa
Health & Wellness
Health & Wellness Programs
WebMD Healthy Living
Decisions Count®
WalkingWorks®
Resources
Forms
Blue Magazine
Contact Wellmark
HIPAA-AS Privacy
Military Duty Coverage

Flood Operational Impact Updates
News for Wellmark customers, brokers & agents, providers, and employees.

myhealth@wellmark
Questions about your health plan deductible or a claim?
Register for myhealth@wellmark to get answers and to use our cool tools for members. Or, take a tour now to see what you can do.
Find out more.

New Programs for Health & Wellness
Whole Health Dimensions programs offer you resources and support to live a healthier life. Access online tools to help improve your health, find one-on-one support to help manage a chronic health condition, and get answers to health care questions 24/7.
Learn more.

News
Hitting Your Stride
Walking is one of your easiest and most effective exercise options.
Grill the Heart Healthy Way
Try our healthy grilled fruit kabobs.

myhealth@wellmark
» Register Now!
» Benefits of Registering
» FAQs
» Take a Tour
Log in
UserID
Password
Log In
Forgot Your Password?
Forgot Your User ID?

Quick Links
» Find a Doctor or Hospital
» Order ID Cards
» Wellmark Drug List
» Locate a Pharmacy

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http://www.wellmark.com/e_business/member/myhealth_flash.html

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Step 2: Click on Health & Wellness Tools

Wellmark Personalized Member Services and Information - Windows Internet Explorer

https://ebusiness.wellmark.com/member/BlueConnection/welcome.htm

File Edit View Favorites Tools Help

Wellmark Personalized Member Services and Information

Wellmark. BlueCross BlueShield
You Just Can't Beat The Blues®


Home | Contact Wellmark | Work @ Wellmark | Search


Members | Employers | Providers | Brokers | About Wellmark


Log out


myhealth@wellmark Personalized member services and information

Home
Health Insurance Tools
Pharmacy Tools
Health & Wellness
Member Resources
My Account
Change E-mail
Change Password


 **Health Insurance Tools**
Get details about coverage and claims.
▶ Check Claims Status
▶ Find a Doctor or Hospital
▶ View Eligibility & Benefits
▶ View My Information
▶ Ask and Track a Question
▶ Flexible Spending

 **Pharmacy Tools**
Review coverage and research medications.
▶ Wellmark Drug List
▶ Locate a Pharmacy
▶ My Prescriptions
▶ Drug Interaction Checker
▶ General Pharmacy Information
▶ Benefits-At-A-Glance

 **Health & Wellness**
Take steps toward a healthier life.
▶ Health & Wellness Tools
▶ Community Wellness Calendar
▶ Community Resource Guide
▶ WalkingWorks®
▶ Healthy Living by WebMD
▶ Blue365SM Member Discounts

 **Member Resources**
Make the most of your benefits.
▶ Decisions Count®
▶ Health Care Quality & Cost
▶ Blue Magazine: Iowa and South Dakota
▶ Forms: Iowa and South Dakota

Spotlight

 **Blue 365SM**
Enjoy discounts and savings on selected health and wellness resources and services 365 days a year.
[More »](#)

https://ebusinessprep.wellmark.com/scripts/redirect.asp?list=/WholeHealthDimensionsSingleSignOn/WholeHe: Trusted sites 100%

Step 3: If you have not already set up your goals in My Plans, you need to do this first.

The screenshot shows a Windows Internet Explorer browser window displaying the Wellmark website. The address bar shows the URL <https://www.wellness.wellmark.com/portal/Goals/Default.aspx>. The page features a blue header with the Wellmark logo and navigation links: Member Home, FAQs, Wellness Help Desk, and Logout. Below the header, a navigation bar includes 'Welcome PHAHighMale1' and tabs for 'My Plans', 'Community', 'Resources', 'Coaching', and 'My Account'. The 'My Plans' tab is highlighted with a red oval. The main content area is divided into three columns. The left column, titled 'My Plans', contains links for 'Change Goals', 'Health Assessment', and 'My Family', as well as 'QuickLinks' for '4 Online', '2 Messages', and '2500 Points'. The middle column, titled 'Choose Your Goals', includes a recommendation to start with 2 to 4 goals, a section for 'Goals Supporting Your HIGH RISKS' with checkboxes for 'Lose Weight', 'Stop Smoking' (checked), 'Eat Better', 'Manage a Health Condition', 'Prevent Heart Disease', 'Lower My Blood Pressure', 'Lower My Cholesterol', 'Exercise More', and 'Lower My Stress', and a 'CONTINUE' button. The right column, titled 'Your Risk Factors', lists various health metrics with 'Risk Level: HIGH' and a red progress bar: 'NUTRITION HABITS', 'SMOKING', 'BODY WEIGHT', 'HEALTH CONDITIONS', 'EXERCISE HABITS', 'BLOOD PRESSURE', 'STRESS', and 'CHOLESTEROL'. The footer contains copyright information for 2007 Wellmark, Inc., and a disclaimer stating the site is for general educational and guidance purposes only.

Wellmark - Windows Internet Explorer

https://www.wellness.wellmark.com/portal/Goals/Default.aspx

Wellmark BlueCross BlueShield
You Just Can't Beat The Blues

Welcome PHAHighMale1

My Plans Community Resources Coaching My Account

My Plans

- Change Goals
- Health Assessment
- My Family

QuickLinks

- 4 Online
- 2 Messages
- 2500 Points

Choose Your Goals

We recommend starting out with 2 to 4 practical goals, but you're free to change them at anytime.

Goals Supporting Your HIGH RISKS

- ☐ Lose Weight

Optional Goals

- ☒ Stop Smoking
- ☐ Eat Better
- ☐ Manage a Health Condition
- ☐ Prevent Heart Disease
- ☐ Lower My Blood Pressure
- ☐ Lower My Cholesterol
- ☐ Exercise More
- ☐ Lower My Stress

CONTINUE

Your Risk Factors

- NUTRITION HABITS
Risk Level: HIGH
- SMOKING
Risk Level: HIGH
- BODY WEIGHT
Risk Level: HIGH
- HEALTH CONDITIONS
Risk Level: HIGH
- EXERCISE HABITS
Risk Level: HIGH
- BLOOD PRESSURE
Risk Level: HIGH
- STRESS
Risk Level: HIGH
- CHOLESTEROL
Risk Level: HIGH

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Step 4: After you have set up a goal to stop smoking, click on Go to QuitNet in My Plans.

The screenshot shows a Windows Internet Explorer browser window displaying the Wellmark website. The address bar shows the URL <https://wellness.wellmark.com/Portal/Default.aspx>. The page header includes the Wellmark logo and navigation links: [Member Home](#), [FAQs](#), [Wellness Help Desk](#), and [Logout](#). Below the header, a navigation bar contains links: [Welcome JConway99](#), [My Plans](#) (circled in red), [Community](#), [Resources](#), [Coaching](#), and [My Account](#). The main content area is divided into three columns. The left column, titled 'My Plans', lists links: [QuitNet Plan](#), [Change Goals](#), [Health Assessment](#), and [My Family](#). Below this is a 'QuickLinks' section with [28 Online](#), [1 Messages](#), and [1600 Points](#). The middle column, titled 'My Health Goals:', shows a goal for 'Stop Smoking' with a sub-link 'My Smoking Cessation Plan' (circled in red) and an 'Edit' link. Below this is a 'Go to QuitNet' link (circled in red). The right column, titled 'Assess Your Health', contains text about taking a health assessment and a link 'Take the health assessment now.'. The footer includes copyright information for 2007 Wellmark, Inc., and a disclaimer about the website's use.

Wellmark - Windows Internet Explorer

<https://wellness.wellmark.com/Portal/Default.aspx>

Wellmark

Member Home [FAQs](#) [Wellness Help Desk](#) [Logout](#)

Welcome JConway99 [My Plans](#) [Community](#) [Resources](#) [Coaching](#) [My Account](#)

My Plans

- [QuitNet Plan](#)
- [Change Goals](#)
- [Health Assessment](#)
- [My Family](#)

QuickLinks

[28 Online](#)

[1 Messages](#)

[1600 Points](#)

My Health Goals:

- Stop Smoking
 - [My Smoking Cessation Plan](#) [Edit](#)
 - [Go to QuitNet](#)

Assess Your Health

Take the first step to better health by taking a personal health assessment - a confidential questionnaire to learn how you can improve your health. You'll receive a personalized report, along with recommendations on the best goals and plans for you.

[Take the health assessment now.](#)

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Trusted sites 100%

Step 5: Upon your first visit to QuitNet, you will need to set up a QuitNet password. This is required to set up the lifetime membership to QuitNet, in case you no longer have Wellmark health coverage.

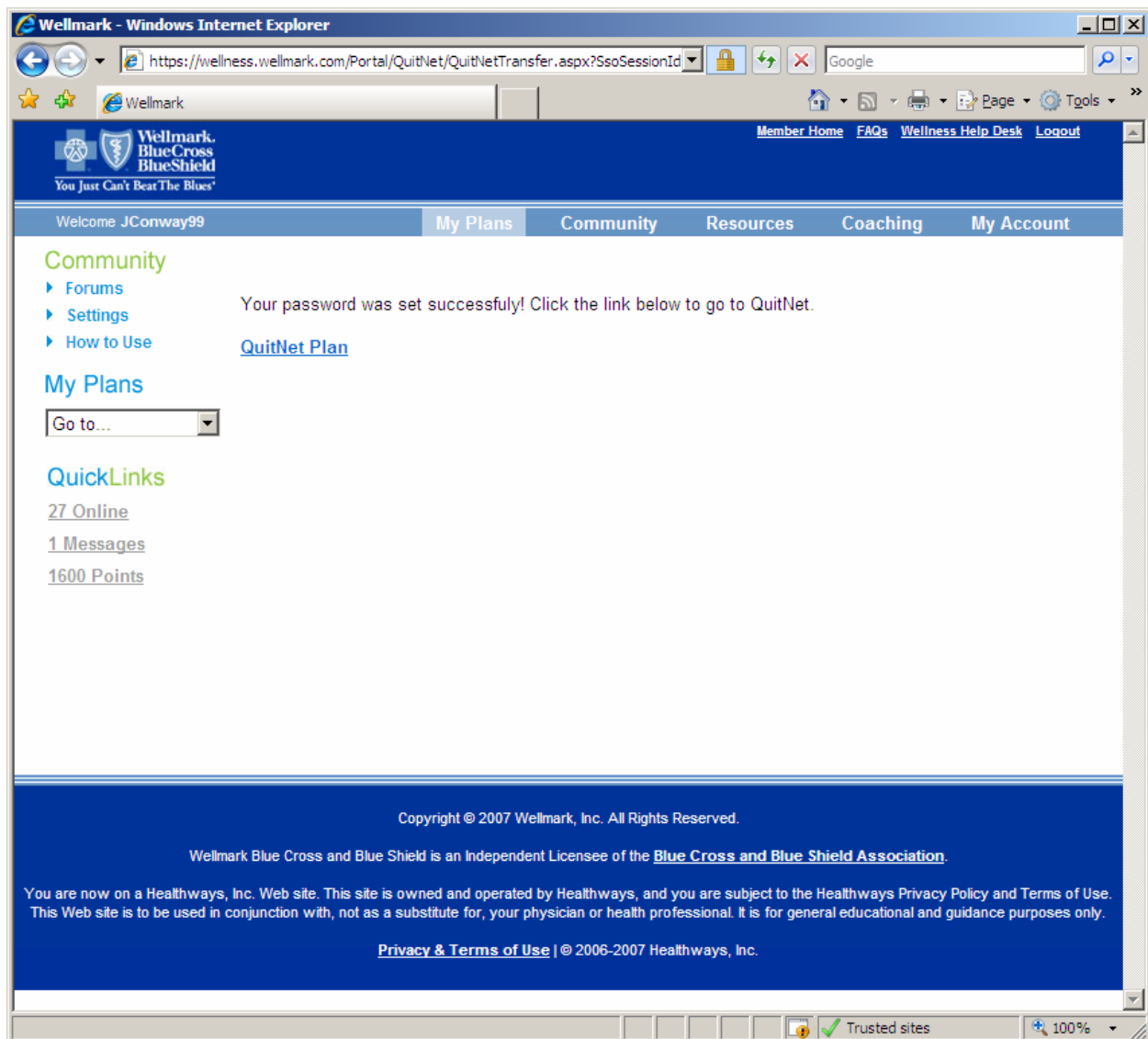
The screenshot shows a web browser window titled "Wellmark - Windows Internet Explorer". The address bar displays the URL: <https://wellness.wellmark.com/Portal/QuitNet/QuitNetTransfer.aspx?SsoSessionId>. The page header features the Wellmark Blue Cross Blue Shield logo with the tagline "You Just Can't Beat The Blues". Navigation links include "Member Home", "FAQs", "Wellness Help Desk", and "Logout". A secondary navigation bar contains "Welcome JConway99", "My Plans", "Community", "Resources", "Coaching", and "My Account".

The main content area is titled "Community" and includes links for "Forums", "Settings", and "How to Use". Below this is the "My Plans" section with a "Go to..." dropdown menu. The "QuickLinks" section shows "26 Online", "1 Messages", and "1600 Points".

The "Password" section prompts the user to "Choose a unique password." and provides two input fields: "* Password:" and "* Re-enter Password:". A message below the first field states "(Password must be at least 5 characters long)". A "Continue" button is positioned below the second field.

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The browser's status bar at the bottom shows "Done", a "Trusted sites" icon, and a zoom level of "100%".



Step 6: Click on QuitNet Plan. This opens a new window and takes you to the QuitNet website. When you are finished, you can close this window and return to the other Health & Wellness Tools.

The screenshot shows a Windows Internet Explorer browser window displaying the QuitNet website. The browser's address bar shows the URL: https://wellmark.quitnet.com/f/qn_welcome.html?Login=18659350. The website header includes the QuitNet logo, a cartoon character, and the text "Welcome back, JConway99!". Below the header is a navigation bar with links: MY QUIT, COMMUNITY, RESOURCES, EXPERT SUPPORT, and QUIT MED SUPPORT. There are also links for Mail and Buddies. The main content area is titled "My Quit" and includes a "My Stats" section with the text "No Quit Date set. Use the [Quit Date Wizard](#) to set one!". It also shows "Visits to QuitNet: 2" and "Forum Messages Posted: 0". A sidebar on the left contains a "MY QUIT" section with links to "Quit Date Wizard", "Profile", "Calendar", "Journal", and "Certificates". Below this is a "STATS" section with a cartoon character and the text "613 People", "167 Members", and "7250 Anniversaries today". At the bottom of the sidebar are links for "Help", "Site Map", "Privacy Policy", "Acceptable Use Policy", "About QuitNet", and "Logout". The main content area also features a "Q-Features you haven't used yet:" section with links to "Quit Date Wizard", "My Profile", "Buddies", "Journal", "Forums", "Q-Clubs", "Chat", "Q-Mail", "My Quitting Guide", and "Why do you smoke?". There is also a "Your Buddies:" section showing "None" and a "Your Club Memberships:" section showing "None". On the right side, there is a "TESTIMONIALS" section with a photo of a woman and the text "basilica says: Make sure that you're quitting for you and you alone. Take responsibility for your quit and remember, YOU are in control! [read more](#)". Below this is a "MY QUITTING GUIDE" section with links to "Why Quitting Is Hard", "Methods Of Quitting", and "Preparing For Quit Day". At the bottom right is a "NEWS HEADLINE" section with the text "Pa. Smoking Ban Signed into Law". The browser window has a status bar at the bottom showing "Internet" and "100%".